

Clinical Utility of Kshara in Shalyatantra

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ABSTRACT

Ksharasutra is an important ayurveda therapy which offers minimal invasion for the management of parasurgical and surgical health problems. The word meaning of “Kshara” (ksharanatat ksharanadwa ksharaha)¹ they are capable of melting away or destroying the tissues. Kshara sutra is considered as safe and economic therapy for the treatment of anorectal disorders such as arsha (Hemorrhoids), Bhagandhar, and gudabramsha. Ksharasutra is applied for the treatment of pathological conditions like sentinel piles, pilonidal sinus, warts, rectal polyps. In the wound management it is mainly used for shodhana (debridement), ushna and teekshna properties of kshara are helpful in the management. Kshara is superior among the shastra anushastra because it does functions like chedana, bhedana, and Lekhana²

KEYWORDS: Kshara, Ksharana, Anushastra, Shastra

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INTRODUCTION

Sushruta Samhita is main text of ayurveda surgical practice and it encompasses several approaches based on the logical reasoning and evidence-based practices to cure different surgical and parasurgical problems. Arsha which are considered as asthamahagadha⁽³⁻⁶⁾ can also be managed using modalities of ayurveda shalyachikitsa. The shalya chikitsa can be used to treat the anorectal disorders by using the bhesaja chikitsa, kshara karma, agni karma and shastra karma. Ayurvedic classics described kshara as a substance, which removes the vitiated material from the skin and flesh, helps to detoxify the dosha, dhatu and mala. Kshara therapy offers vrana shodhana, ropana properties which helps to purify and heals wounds respectively⁽⁷⁻⁸⁾. Excessive use of kshara leads to pumsatvaupaghata.

Literature review

Charaka said kshara helps in digestion but excessive use cause impairment of vision. Vaghabata described

that due to katurasa, kshara is injurious to Hridaya, kasha, chakshu, ojas and shukra.

Acharya Charaka has mentioned two types of kshara preparation. In vimanasthana 1st chapter definition, general properties and adverse effects of kshara are mentioned⁹. Apart from that in surgical description also Charaka has considered it as one of the 3 types of treatment in shastra pranidhana¹⁰. In Harita Samhita kshara karma is included in the 8 important types of treatment.

Chakradatta also told ksharasutra using in Bhagandhara. Acharya sushruta has narrated kshara as an Anushastra, upayantra, Agropaharaniya and one of the upakrama of vrana. When the kshara is administered by an ignorant physician can harm the body like agni, shastra or even leads to death itself. While the same administered by an intelligent and well skilled physician can prove potent enough to subside all serious and most troublesome disease rapidly in which it is indicated.

Yadavji trikamji has described a separate chapter on kshara Kalpana. Kshara can reduce the chances of post-surgical infections due to its alkaline nature.

Types of kshara¹¹

KSHARA

Paneeeya kshara Pratisaraneeya

Based on origin

- | | |
|---------------|-------------|
| 1) Vanaspatya | 1) Mrudu |
| 2) Praniya | 2) Madhyama |
| 3) Khanija | 3) Teekshna |

1. Paneeyakshara: It can be used in the diseases like Gulma, Garavisha, Udararoga, Agnisanga, Ajeerna, Arochaka, Anaha, Ashmari, Abhyantaravidradhi, krimi, Arsha, Vilambaka, Vidradhi, Alasaka¹².

Contraindications: It is harmful in persons with Rakta pitta, Jwara, Pitta prakruti, Bala, Vruddha, Bhrama, Mada, Moorcha, Timira.

Prateesaraniya kshara¹³

The kshara for external application have been advised to be used in Kushta, Dadru, Mandala, Kilasa, Bhagandhara, Arbhuda, Arsha, Dushtavrana, Naadivrana, Charmakeela, Tilakalaka, Nyachha, Vyanga, Mashaka, bahyavidradhi.

This has also been advised to be used as alternative shashtra, in the saptamukharogas (diseases of oral cavity like upajihvika, adhijivhika upakusha, dantavaidharbha, 3 types of rohini.

Application of prateesaraniya kshara

The patient should be examined, rubbed and scratched the diseased part, the kshara should be applied by shalaka, then one should wait up to vaakashatamaatra (count up to one hundred)

Procedure of kshara karma:

Poorvakarma: A patient who is considered fit for procedure is prepared accordingly. Patient are counseled and give explanation about the procedure in order to make them aware about the procedure in order to make them aware about the process of treatment.

Agropaharaneeya: Before starting the procedure material required such as pratisaraneeya kshara, nimbu swarasa, sptula, proctoscope, changeri ghrita/Jatyadi ghrita.

Pradhana karma:

- Patient is taken on the operation table in lithotomy position.
- The part was painted with antiseptic solution after this, local anesthesia is given and manual anal dilatation is done. Prateesaraneeya kshara is

taken in bowl and applied over pile mass or any other selected area. It is kept until the color changes to pakwajambhupalavarna.

Paschat karma:

- Applied kshara is wiped with distilled water followed by nimbuswarasa. The procedure can be repeated for 2 to 3 times according to indication and severity of disease. If required the procedure can be repeated for 2 nd or 3 rd sitting at interval of 21 days.

Indication of kshara in arsha

Mruduprasutaavagadanuchyaucchritani ksharena

- Soft, spread out, deep rooted & elevated type of kshara. \

Method of kshara application (Ksharapaatana vidhi)

- Kshara application was done locally on the pile mass as per the classical technique called "Ksharapatanavidhi". It was conducted according to the principles of tridosha karma.

Operative procedure

1. Patient was laid down in lithotomy position.
2. Perineal part cleaned with asptic solutions.
3. Then the lubricated arshoyantra / proctoscope in to the anal canal.
4. Kshara is applied on internal pile mass.
5. Applied kshara was kept for 2 minutes, or wait for hundred matra kala (1- 2 minutes)
6. After application of kshara, the pile mass changed to the color of Jambhupalavarna appearance.
7. Then it is washed with Nimbu swarasa.
8. Apply madhu and ghrita to overcome gudadaha (burning sensation) yashtimadhu ghrita can also be applied.
9. Pichu with Anutaila or Mahanarayana taila can also be used.

Method of application:

Wound was washed with triphala kwatha for one whole day, after that proper cleaning was done. Excision of growth was done. Later apamaarga kshara was locally applied under local anesthesia, washed with sterile gauze and jatyadi taila.

Post-operative:

1. Laghu ahara allowed by evening.
2. Avagaha sweda (sitz bath) with panchavalkala kwatha for 8 hourly.

Application of kshara in bhagandhara

Teekshna prateesaraniya kshara can be applied in case of fistula in ano or pillonidal sinus.

Operative procedure

- A. After achieving local anesthesia with lignocaine 2%, a copper probe is inserted from external opening to internal opening in fistula on ano.
- B. Partial fistulectomy is done.

Discussion:

The discovery of kshara was surely a breakthrough during the development of ayurveda. It could also be successfully used as a surgical procedure in the absence of instruments or in those fearful of undergoing surgery. Acharya sushruta considered kshara sutra is a type of kshara which even today is one of best available treatment methodology of arsha, bhagandhara and naadivra. In case of dusthavrana even today kshara is able to describe the slough material, without undue discomfort to the patient. Paaniya kshara is helping to break the sharkara of ashmari.

Conclusion

Kshara sutra is an ayurveda therapy which helps to manage the parasurgical and surgical disorders such as haemorrhoids, fistula in ano, sentinel piles, pillionidal sinus, warts and rectal polyps. Kshara sutra can be prepared by the coating of snuhi latex, apamarga and haridra choorna. The different ayurveda and therapeutic properties of shalya tantra. Kshara possesses Tridoshanaghna, chedana, Lekhana, Bhedana, ushna, vilayana, krimijghna and sthambana properties by virtue of their Lavana and tikta rasa, teekshna guna, ushna guna and katu vipaka. These properties of kshara offer health benefits in many surgical health benefits in many surgical and parasurgical health problems.

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